

We broadcast 24 hours a day, 7 days a week, into your cell. If your prison has National Prison Radio, you can listen through your TV by using the tuning buttons on your remote control.

Day	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Eve	Mon	Tue	Wed	Thur	Fri	Sat	Sun	
07:00	Porridge The world's first national breakfast show for people in prison.							NPR Special Real talk. Don't just do your time, use your time.	17:00 (or local shows)	Deja Vu Classic tracks and oldies	National Prison Radio Takeover One day, one jail.	World Wide Music from across the globe.	Vibes The best in RnB from the team in HMP.	Love Bug Write to the ones you love. An hour of back-to-back love songs.	Free Flow 	Freedom Inside Yoga and meditation 
08:00	Bob and Beyond Reggae and dancehall classics.	Decibel The finest dance music from around the world, direct to your ears.	Free Flow  With Lady Unchained 	Street Heat  The best rap, grime and R&B	The Rock Show Turn it up loud. Join the Rock Show Family.			Freedom Inside 	18:00	NPR Talk Make the most of your time.					 With Lady Unchained 	Vibes The best in RnB from the team in HMP.
09:00								Love Bug An hour of love songs	NPR Special Real talk. Don't just do your time, use your time.	50+ Direct from HMP Wealstun and HMP New Hall. The show for older prisoners.	NPR Talk Helping you make the most of your time behind bars.	Lit NPR's show for young people in prison.	NPR Friday Get set for the weekend.			
10:00	Extra Time Sports chat.	 NEWSCAST 					World Wide Global beats.	19:00	The Request Show To hear your song, message or poem on the radio, write to us at: National Prison Radio, HMP Brixton, London SW2 5XF Family and Friends Request Show every Thursday: www.nationalprisonradio.com					The Rock Show Join the Rock Show family.		Bob and Beyond Reggae and dancehall classics.
11:00	Porridge Another chance to hear this morning's show.							Deja Vu Classics	20:00							
12:00 (or local shows)	NPR Special	50+ See 18:00	NPR Talk See 18:00	Lit See 18:00	NPR Friday			NPR Takeover	21:00	Free Flow  With Lady Unchained 	Vibes The best RnB in HMP.	NPR Fresh Two hours of the freshest new music. If it's fresh, we've got it.	Street Heat  The best rap, grime and R&B	Decibel The finest dance music from around the world, direct to your ears.	THE SELECTOR RADIO Two hours of new British music from Jamz Supernova	World Wide
13:00	The Request Show To hear your song on NPR, write to us at: National Prison Radio, HMP Brixton, London SW2 5XF Your loved-ones can send shouts at nationalprisonradio.com							Lit The show	22:00	National Prison Radio Takeover					Love Bug Write to the ones you love.	
14:00								NPR Talk	23:00	Books Unlocked This month's title: Apeirogon by Colum McCann Write to National Prison Radio, HMP Brixton, London SW2 5XF for a copy.						
15:00	NPR Fresh Two hours of the freshest music.					Freedom Inside 	Write to us at: National Prison Radio, HMP Brixton, London SW2 5XF	Books Unlocked A repeat of the week's book readings  	23:30	Dream Time Music and advice to help you sleep safe and sound through the night.						
16:00						50+ The show for older prisoners.										